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NEWS
WORTH
SHARING.

Trinidad boy given new life

Father thanks CHEO, service groups after son's heart surgery; Ottawans raise \$6.6M for Heart Institute **PAGE 3**

TABOOS AROUND EATING HORSES MAY BE SOFTENING IN CANADA AND OTHER COUNTRIES

THE RECENT HORSEMEAT SCANDAL IN EUROPE HAS MANY SEARCHING FOR 'HORSEMEAT RECIPES' ONLINE

PAGE 6 & 7

SENATORS SHOT DOWN

New York Islanders goalie Evgeni Nabokov stops a shot by Ottawa's Daniel Alfredsson during the shootout in NHL action at Nassau Coliseum in Uniondale, N.Y., on Sunday. The Sens lost 3-2. For more on the game, see page 18.

Paul J. Bereswill/The Associated Press

Family of slain officer struggles to 'process' loss

Northern Quebec. Neighbour says slain man dreamed of being a police officer as a boy



JOE LOFARO
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A Kativik Regional Police officer fatally shot while dealing with a domestic dispute in northern Quebec Saturday night is being remembered as a "great young man" as his family in Ottawa reels from the sudden loss.

Quebec provincial police identified the man as Steve Dery, 27, of Orleans. He was pronounced dead in hospital.

Dery responded to a home in Kuujuaq, Que., about 1,600

Quoted

"We also offer our deepest sympathies to the Kativik Regional Police Force in the loss of Officer Steve Dery."

Ottawa Fire Services chief John deHooge

kilometres northeast of Montreal, when shots were fired at him and a fellow officer.

The other officer was badly wounded, but is expected to be OK, said Sgt. Ronald McInnis of Sûreté du Québec.

A woman escaped uninjured Saturday night and police remained on scene until Sunday evening, when the standoff ended, and the body of a man, believed to be the suspect, was found inside the

home, CBC reported.

Reached by phone Sunday, Dery's mother Celine Dery said she was shocked by the news about her son. She said the family is asking for privacy.

"We're still trying to process the information," she said. "My mind cannot begin to even try to formulate any statement."

Neighbour Patrice Côte remembered when Dery moved in on his street as a teenager.

"(He was) a boy who had dreams of becoming a permanent police officer," said Côte by phone Sunday with a broken up voice.

Dery's younger brother, Ben, is an Ottawa firefighter. Ottawa Fire Services chief John deHooge said in a statement released Sunday afternoon that "all emergency service responders share in this tragic loss."



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Kindness of others saved my son: Father

\$6.6M raised for Ottawa Heart Institute. Trinidadian dad gives thanks for CHEO and service groups



SEAN MCKIBBIN
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Chanka Mangroo is a single dad, he home schools his seven-

year-old son Justin, and on Tuesday Justin had life-saving heart surgery at the Children's Hospital of Eastern Ontario.

"I have a lot of people to be thankful for," says Mangroo. "Every day I pray to God and say thank you for them."

Justin was diagnosed in his native Trinidad at three months of age with a congenital heart defect. At seven months, he had his first life-saving surgery, having a shunt put in that would help blood flow between his

lungs and his heart, says Mangroo.

Justin would need more surgeries as time went on, surgery that kept getting put off in Trinidad until at age six, Justin got very sick and was hospitalized.

"He was pronounced dead on arrival," says Mangroo, explaining his son was revived with a defibrillator. It was only thanks to the help of community groups such as the Caribbean Hummingbirds, the Knights of Columbus and

a CHEO doctor, Dr. Gyaandeo Maharajh, who hails from Trinidad and Tobago and heard about Justin's plight, that Justin was able to get the surgery he needed, says Mangroo. He added the Trinidad and Tobago High Commission also played a key role too in helping Justin get to CHEO.

Justin's surgery Tuesday was planned following an emergency surgery in 2011. On Sunday, after having spent three days in CHEO's ICU Justin was

happily playing video games.

"I'm feeling good," said Justin Sunday afternoon. "My chest and my belly are feeling better."

He said his sleep at night has gotten better and he can now eat whatever he wants.

"He can explain the whole thing to you. He's an amazing young boy," said Mangroo. "It hasn't affected his intelligence or schooling."

They plan to travel back to Trinidad later this month.



Not too great a stretch to think yogathon can raise \$400K?

About 60 people are seen participating in the Power of Movement "yogathon," held at the Glebe Community Centre Sunday. The charity benefit for the Arthritis Research Foundation was also held in 14 other cities across Canada with the aim of raising some \$400,000 for the foundation. A final tally on local fundraising wasn't available before press time. SEAN MCKIBBIN/METRO

'71-'73. New sex abuse charges for retired priest

A former Catholic priest was back in court in Ottawa to hear six new sex-abuse charges against him, stemming back to the 1970s.

Appearing in court Friday morning, Jacques Faucher, 76, faced six additional counts of gross indecency and indecent assault by the Ottawa police's sexual assault and child-abuse unit. The charges related to an investigation involving three men.

On Feb. 14, Aylmer resident Faucher faced two counts of the same charges, after an investigation that began in November 2012 into



Jacques Faucher METRO

acts said to have occurred between 1971 and 1973 yielded enough evidence for police. GRAHAM LANKTREE/METRO

Jennifer McKenzie

NDP chooses Ottawa Centre candidate

The Ottawa Centre Provincial NDP Riding Association announced Sunday evening it had selected Jennifer McKenzie as its candidate in the next provincial election.

More than 250 ballots were cast in a vote Sunday at the Bronson Centre that saw the Ottawa Carleton District School Board trustee picked over former Ottawa city councillor Alex Cullen.

METRO

Championship. Best girls V-ball teams to face off

Preparations were under way last night for a three-day tournament pitting the best of Ontario's female high school volleyball teams against one another, but the labour strife between the government and teachers likely kept some teams out of the tournament, an organizer said.

"I'm sure some schools that are normally here aren't in the tournament this year," said Mathieu Deshaies, one of the organizers of the 2013 Ontario Federation of School Athletic Associations (OFSAA) Girls' AA Volleyball

championship of the loss of extracurricular activities in English public schools. "The strike probably had some impact."

There are 20 schools attending the round-robin tournament which will be staged at De La Salle, Samuel-Genest and La Cité Collégiale Monday to Wednesday. Four local high schools made the cut, including De La Salle, Samuel-Genest, L'Escale and Gisèle-Lalonde.

Details about the games can be found at ofsaa.on.ca/girls-aa-volleyball.

SEAN MCKIBBIN/METRO

1 NEWS

Seffner, Fla. Heirlooms recovered from family home ruined by sinkhole

Crews on Sunday razed more than half of the Tampa-area home perched over a huge sinkhole that swallowed a man three days ago, managing to salvage some keepsakes for family members who lived there.

The house had been owned by Leland Wicker since the 1970s.

The operator of the heavy equipment worked gingerly. Family belongings were scooped onto the lawn in hopes of salvaging parts of the family's 40-year history in the home.

As of Sunday afternoon — when demolition had stopped for the day and only a few walls of the home remained — a Bible, family photos, a jewelry box and a pink teddy bear were among the items saved. Firefighters were also



Jeremy Bush, right, prays by his former home. CHRIS O'MEARA/THE ASSOCIATED PRESS

able to unearth a purse.

Wanda Carter, daughter of Leland Wicker, cradled the large family Bible in her arms. She said her mother and father had stored baptism certificates, cards and photos between the pages of that Bible over the years.

THE ASSOCIATED PRESS

Gastroenteritis. Queen Elizabeth hospitalized for first time in a decade

Britain's Queen Elizabeth II was hospitalized on Sunday over an apparent stomach infection that has ailed her for days, a rare instance of ill health sidelining the long-reigning monarch. Elizabeth will have to cancel a visit to Rome and other engagements as she recovers, and outside experts said she may have to be rehydrated intravenously.

Buckingham Palace said the 86-year-old queen had experienced symptoms of gastroenteritis and was being examined at London's King Edward VII Hospital — the first time in a decade that Elizabeth has been hospitalized.

The symptoms of gastroenteritis — vomiting and diarrhea — usually pass after one or two days, although they can be more severe in older people. Dehydration is a common complication.

The illness was first announced on Friday, and Elizabeth had to cancel a visit to Swansea, Wales, on Saturday to present leeks, a national symbol, to soldiers of the Royal Welsh Regiment. She instead spent the day trying to recover at Windsor Castle, but appears to have had trouble kicking the bug.

THE ASSOCIATED PRESS

Baby may be second person cured of AIDS

Mississippi. Aggressive treatment just after birth left child healthy a year off medication

A baby born with AIDS appears to have been cured, scientists announced on Sunday. The child from Mississippi is now two and a half and has been off medication for about a year with no signs of infection.

There's no guarantee the child will remain healthy, although testing uncovered just traces of the virus's genetic material still lingering. If so, it would mark only the world's second reported cure.

A doctor gave this baby faster and stronger treatment than usual, starting a three-drug infusion within 30 hours of birth. That was before tests confirmed the infant was infected and not just at risk from a mother whose HIV wasn't diagnosed until she was in labour.

The child responded well through age 18 months, when the family temporarily quit returning and stopped treatment, researchers said. When they returned several months later, remarkably, standard tests came back negative.

Ten months after treatment stopped, a battery of super-sensitive tests at half a dozen laboratories found no sign of the virus's return.

The fast action apparently knocked out HIV in the baby's blood before it could form hideouts in the body. Those so-called reservoirs of dormant cells usually reinfect anyone who stops medication, said Dr. Deborah Persaud of Johns Hopkins Children's Center. She led the inves-



Dr. Deborah Persaud is the lead investigator into the cure's success. JOHNS HOPKINS MEDICINE/THE ASSOCIATED PRESS

Long odds

"I just felt like this baby was at higher-than-normal risk and deserved our best shot."

Dr. Hannah Gay, pediatric HIV specialist at the University of Mississippi

tigation that deemed the child "functionally cured," meaning in long-term remission even if all traces of the virus haven't been eradicated.

Next, Persaud's team is planning to try to prove that, with more aggressive treatment of other high-risk babies, "maybe we'll be able to block this reservoir seeding," Persaud said.

The Mississippi case shows "there may be different cures for different populations," said

Dr. Rowena Johnston of amFAR, which funded Persaud's team to explore possible cases of pediatric cures.

It also suggests that scientists should look back at other children who have been treated since shortly after birth, including some reports of possible cures in the late 1990s that were dismissed at the time, said Dr. Steven Deeks of the University of California, San Francisco.

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First cured

The only other person considered cured of the AIDS virus underwent a very different and risky kind of treatment.

- **Cure.** Timothy Ray Brown of San Francisco received a bone-marrow transplant from a special donor, one of the rare people naturally resistant to HIV.
- **Long term.** He has not needed HIV medications in the five years since that transplant.

Expectant parents die in car crash — but baby survives



A crowd gathers in front of the Brooklyn synagogue where funeral services were held for the expectant parents. VERENA DOBNIK/THE ASSOCIATED PRESS

A pregnant young woman who was feeling ill was headed to hospital with her husband early Sunday when their car was hit, killing them both — but their baby boy was born prematurely and survived, authorities and a relative said.

The driver of a BMW slammed into the car carrying Nachman and Raizy Glauber, both 21, at an intersection in the Williamsburg neighbourhood of Brooklyn, said Isaac Abraham, a neighbour of Raizy's parents who lives two blocks from the scene of the

crash.

Raizy was thrown from the car and her body landed under a parked tractor-trailer, witnesses said. Nachman was pinned in the car, and emergency workers had to cut off the roof to get him out, witnesses said.

Both were pronounced dead at hospital, police said, and both died of blunt-force trauma, according to the medical examiner.

Their infant son was in serious condition, said Abraham. The hospital did not

return calls about the child. The Glaubers' driver was in stable condition, police said. The driver of the BMW and a passenger fled and were being sought, police said.

On Saturday, Raizy was "not feeling well," so they decided to go to the hospital, said Sara Glauber, Nachman's cousin. Abraham said the Glaubers called a car service because they didn't own a car.

The Glaubers were married about a year ago and had begun a life together in Williamsburg, where Raizy grew

up in a prominent Satmar Orthodox Jewish rabbinical family, Sara said.

Jewish law calls for burial of the dead as soon as possible, and hours after their deaths, the Glaubers were mourned at a funeral on Sunday afternoon. Dozens gathered shoulder to shoulder on the street outside a synagogue.

Afterward, the cars carrying the bodies left and headed to Monsey, where another service was planned in Nachman's hometown.

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Horse as the main course

On the menu. What's distasteful to some is more than palatable at Toronto's La Palette



JESSICA SMITH
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Restaurateur Shamez Amlani says he understands being vegan — but refusing to eat horse while chowing down on the noble cow and the friendly pig? That's just "speciesism."

Amlani and his wife opened La Palette on Toronto's Queen West just over 12 years ago. When he first asked his meat supplier to find him horse, there weren't any other restaurants in Toronto serving it. La Palette, he said, offered it clandestinely to customers with a "psst, we have horsemeat" whisper, rather than putting it on the menu.

Now, horse tartare and two horse main courses are on the menu. Horsemeat, being so lean, is a favourite of athletes but is also so tender his wife calls it "the butter of meats," he said.

As it turns out, we might not eat a lot of horse but we supply a lot of people who do.

Canada exports thousands of kilograms of horsemeat each year.

Amlani said horsemeat squeamishness can be traced to 732, when Pope Gregory III decreed eating horse a "filthy and abominable custom."

"People will have a very schizophrenic approach to why you shouldn't eat it — they'll start by saying they're companion animals, they'll



Horse tartare and tenderloin, as prepared by Chef Brook Kavanagh of La Palette. FERNANDO CARNEIRO/METRO

Taste test

Savouring the tenderest of meats

To me, the horsemeat debate comes down to taste. We eat beef, pork — why not horse?

On to the taste test. La Palette, a French bistro on Queen Street West in Toronto, serves horsemeat.

I started with a tartare — raw horsemeat with onions and seasoning.

I was surprised by how tender horsemeat is, despite being so lean. It's also

mild — much milder than beef. I wondered if the seasonings were keeping me from fully tasting the meat. The dish was delicious, but I wanted horse on its own.

The tenderloin gave me that opportunity. Seared on the outside and rare on the inside, it was accompanied by a mushroom-oat risotto, seasonal vegetables and a port reduction. I could've eaten the meat with a spoon, it's so soft. And a little sweet. It won me over.



FERNANDO CARNEIRO
Metro
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tell you it's bad for you because of (drugs) that might be present in the meat and they'll switch back to, 'But they're so cute,' he said.

Others will encourage a distaste for horsemeat as "the thin edge of the wedge"

in their attempts to convert others to veganism.

Amlani knows all about people's objections. His restaurant has been the focus of protests, and sometimes diners walk out when they see horsemeat on the menu.

Some horsemeat stats

13,489 Canada exported 13,489 metric tonnes of horsemeat in 2011. That's down 24 per cent since 2010, when Canada exported 17,766 metric tonnes.

89,348 There were 89,348 horses slaughtered in licensed slaughterhouses in Canada in 2011, each weighing an average 0.28 metric tonnes.

Recipe pays homage to one of the most beautiful animals

Hayfire Roasted Horse Tenderloin with the Foods It Liked Most

- 2 pounds horse tenderloin
- damp hay
- applewood
- 1/4 cup rendered horse suet
- 2 large heirloom carrots
- 2 firm cooking apples
- 1 tbsp fermented oat paste (could substitute miso)
- 2 cups alcoholic dry apple cider
- 2 tbsp apple cider vinegar
- 2 cups finely diced carrots, onions and celery (mirepoix)
- 1 tsp julienned fresh sage leaf
- 10 pounds horse bones
- whole oats
- good butter
- chives

For the horse and its carrots and apples: Build an applewood fire. Over it suspend a rendered-horse-suet-brushed cast iron grill. When the fire subsides and the embers burn bright, place a layer of damp hay, the whole carrots and apples (peels intact), then more damp hay over the coals. Place the seasoned tenderloin on the hot grill and roast on all sides over the apple-hay smoke until the outside is deep brown and crispy. Move the horse to a warm corner of the fire to rest before slicing. Peel

the cooked apples and carrots.

For the horse's oats: Make a stock of horse marrow bones, fermented oat paste and roasted hay. Toast the whole oats in good butter with sage. Add the mirepoix, deglaze with a dry alcoholic apple cider, the cider vinegar and the horse stock. Simmer until oats are tender, adding more stock as necessary. Finish with more good butter, chives, and season to taste.

For the horse reduction: Boil the remaining horse broth with a cup of apple cider until it thick and sticky. Right before serving add a few spoons of cold butter and whisk to incorporate. Serve each guest a few spoons of the oats, a thick slice of tenderloin, a few slices of apples, carrots and the reduction.

CHEF BROOK KAVANAGH, LA PALETTE

Arguments in the horsemeat controversy

- **Argument:** Horses can be mistreated or unethically killed. Last winter, the Toronto Star published an exposé about horses bought at a "kill" auction in the U.S. It followed a trailer of horses that were left without food, water or room to move for 22 hours as they made the trip to an abattoir in Quebec. The Canadian Horse Defence Coalition has secretly filmed some of Canada's abattoirs and found some instances in which horses are improperly killed.
- **Counterargument:** It's no different than cattle slaughter — humane. Horsemeat proponents argue the process is the same as the slaughter of cattle. Plus, killing a horse for its meat, instead of

leaving it improperly cared for at a farm that no longer has use for it, is ultimately more humane.

- **Argument:** There could be harmful drug residue. Phenylbutazone (PBZ) is an anti-inflammatory given to many horses, especially racehorses, which can end up at abattoirs. The drug can cause serious health problems in humans if ingested.
- **Counterargument:** Horsemeat is tested. The Canadian Food Inspection Agency (CFIA) has a "zero tolerance for phenylbutazone in food" and conducts random spot tests of horsemeat for residue of the drug, finding "a very high compliance rate" with the law.

ROBSON FLETCHER/METRO IN CALGARY

Which meat will you eat?



"It's based on taste. I like steak, I like beef, chicken.... I've never had horsemeat before. But I would if it was good."

Brian Jansen, 23, actor, eats meat



"I would try almost anything. I've eaten venison; I've eaten buffalo, elk, kangaroo — I think ... — and ostrich."

Stephanie Nadler, 50, artist and stay-at-home mom, eats meat

Would you eat horsemeat?



"To me, meat is meat... I don't understand why it's different than cow or pig."

Kristen Corbet, 31, in the solar energy industry, doesn't eat meat



"I don't think people should eat horsemeat.... So many people love horses and have them as a pet."

Logan Thayalan, 30, database assistant, eats meat, but not horsemeat

The recent horsemeat scandal has generated more curiosity than controversy. Searches for 'horsemeat recipes' spiked dramatically following news that horsemeat disguised as beef had been sold across Europe. In Canada, searches for

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Who's not too sweet to eat?

We asked which animals you would eat. Here's how you voted:

AT'S UR TE?

'horse recipe' have been generally trending upward since 2008, reaching an all-time high this February. Volumes were highest in Alberta, perhaps indicating that cattle country is developing a taste for horses.



Horsemeat. Big business in Alberta

Canadians consume about 650,000 pounds of horse meat and export about 30 million pounds of it each year, with most coming from the province best known for its cattle.

"Probably two-thirds of the Canadian processing is done in Alberta," said Bill desBarres of the Horse Welfare Alliance of Canada, an advocacy group for the horse-meat industry.

While some might bristle at the thought of slaughtering horses for food, advocates like desBarres believe it's the best end-of-life option for many of the animals.

"It's the most humane option — for horses that qualify — to go to processing," he said. "But the horse must qualify. It can't have phenylbutazone administered in the life of the horse, for instance. That's a painkiller that does not have a designated withdrawal time."

Horses that have consumed other drugs can qualify after spending sufficient time on a feedlot for the drugs to clear their systems, desBarres said.

The Canadian Food Inspection Agency "has zero tolerance for phenylbutazone in food," according to its website, and employs both random and targeted testing of horse meat for the drug and other contaminants.

Other groups, however, like the Canadian Horse Defence Coalition, say it's impossible to guarantee that horses sent for slaughter are free of such drugs. "With such random, scanty testing protocols in place, one can only imagine how many drug-positive horses slip through the cracks," CHDC executive director Sinikka Crosland said in a recent statement.

Bruce Flewelling, who buys and sells horses for meat in Alberta, said processing may be distasteful to some — including his own father, who was an avid horseman — but he prefers it to simply burying or cremating horses at the end of their lives.

"With processing, you get something out of the horse," he said.

ROBSON FLETCHER/METRO IN CALGARY



Horses wait to be ushered into the auction ring in Nebraska in 2008. Most of the animals were sold so they could be sent to Canada to be slaughtered.
NATE JENKINS/THE ASSOCIATED PRESS FILE

Keeping your pets past the expiry date

Freeze-dried Fido.

Taxidermist makes sure animal lovers never have to say goodbye

Growing up on the family farm, Anthony Eddy learned early on not to get too attached to animals, including household pets.

His devoted customers are a different story. Pet lovers across the U.S. count on the Missouri taxidermist to faithfully preserve Brutus, Fluffy and other beloved companions for posterity. Even if it means shelling out thousands of dollars and waiting more than a year for the pets' return.

"They're very distraught, because their child has died. For most people, this animal is their life," said Lessie "Les" Thurman Calvert, Eddy's office manager. "Some are kind of eccentric. But most of them are just like you and me. They don't want to bury or cremate



Anthony Eddy looks into a conventional freezer while a dog is preserved inside a freeze dryer in Slater, Mo. Animal lovers from across the U.S. call on Eddy to faithfully preserve their beloved departed pets for posterity through a process that can take up to a year. JEFF ROBERTSON/THE ASSOCIATED PRESS

them. They can't stand the thought.... It helps them feel better about the loss."

The front showroom of Eddy's Wildlife Studio in downtown Slater, Mo., is a testament to pet owners' perseverance. Lifelike dogs and cats of all sizes are scattered along the floor, from a perky-looking Brit-

tany spaniel to a regal Persian cat, a lone iguana and the stray cockatiel or two.

Departed pets of all persuasions spend up to one year in hulking, freeze-dry metal drums before they are painstakingly preserved and returned to their owners.

THE ASSOCIATED PRESS



India budgets for more free lunch

Indian children eat a free midday meal at a government school on the outskirts of Jammu, India, on Thursday. Finance Minister Palaniappan Chidambaram has unveiled a national budget with a promise to put Asia's third-largest economy back on a path to high growth while trimming the fiscal deficit. However, with the country headed for general elections in 2014, government spending on costly social programs is also projected to go up substantially. The budget has assigned almost \$2 billion for an ambitious food-security program, which will provide subsidized food to the poor. CHANNI ANAND/THE ASSOCIATED PRESS

Executive pay

Swiss rein in 'fat cat' bosses

Swiss voters voiced their anger at perceived corporate greed Sunday by approving a plan to boost shareholders' say on execu-

tive pay. Some 67.9 per cent of voters backed the Rip-Off Initiative, according to Swiss public television station SRF.

The outcome of the referendum was considered a foregone conclusion after opinion polls in recent months showed strong pub-

lic support for the initiative. News last month that the outgoing board chairman of Swiss drug maker Novartis AG, Daniel Vasella, was to receive a leaving package worth about \$78 million further fired up public sentiment against "fat cat" bosses. THE ASSOCIATED PRESS

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METCALFE ST. FIRST IMPRESSIONS

Few are likely to mourn the passing of the squat, plug-ugly bunker on McLeod Street that currently houses the Iraqi embassy.

City council last week signed the death warrant for the two-storey structure, which was built in the 1950s and rendered even more charmless by a steel security fence enclosing the building and parking lot. Council authorized the construction of a modern replacement after its demolition.

The new embassy is to be an irregular-shaped ziggurat design of glass and steel, which city planners believe will highlight the glass "lantern" of the Museum of Nature across the street without upstaging it. The replacement is taller, at four storeys with a penthouse, and won't necessarily include much in the way of trees out front, but it's a prouder piece of work, with a more open face to the street.

If anyone is worried about the loss of the embassy's contribution to the character of the neighbourhood, just around the cor-



URBAN COMPASS
Steve Collins

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ner and a few blocks up Metcalfe, the shuttered Iranian embassy, complete with its high black metal fence, keeps our diplomatic heritage of hostile, paranoid streetscape very much alive.

The new Iraqi mission, when completed, is likely to change some first impressions of Centretown. As a city report on the embassy proposal points out, the area has always been an important gateway to Parliament Hill and the heart of the city.

"Long-distance travellers have traditionally arrived on the transportation corridor that marks the south boundary of the area — originally the Canadian Atlantic Railway and later its replacement, the Queensway," it says.

Locals may not think of it as such, but Metcalfe Street is the first look at the downtown for many visitors coming off the highway.

The Museum of Nature is an immediate and impressive landmark on the trip downtown, but new arrivals have scant opportunity to appreciate it as anything more than a looming

obstacle as they negotiate the multilane detour onto McLeod around its eastern and northern boundary. They'll likely get a better look at Iraq's new digs in passing. In many ways, exiting onto Metcalfe is an accurate introduction to downtown Ottawa — a one-way street intersecting with several others. If you're new to driving downtown, it's best to get used to this local specialty sooner rather than later.

Plans hatched by the NCC in the late 1990s to make Metcalfe more of an official city gateway, to widen it into a boulevard dominated by the Parliament Buildings at one end and the Museum of Nature at the other, never came to pass. The prospect of knocking down so many significant buildings was a major obstacle.

The Mid-Centretown Community Design Plan, though, which goes to council later this month, has raised the possibility of converting Metcalfe, or at least some of it, into a two-way street. This would enable drivers to get a longer look at the made-over Museum of Nature as they drive toward it rather than just glimpsing it in the rear-view mirror. It could also slow the pace of traffic on what often functions as little more than an extended Queensway off-ramp, allowing visitors both behind the wheel and walking a better first impression of downtown Ottawa.

ZOOM

Radiate from the inside out



Artist uses canvas as his muse

Matti McLean once hated his body so much that, in his last year of high school, he stopped eating.

Now he's advertising the beauty of the human form by transforming it into a work of art.

Through the Human Canvas Project, established last year, McLean uses his paintbrushes to capture both his subjects' figures and personalities.

Using music, discussion and individual colour choices, McLean tries to tap into each person's individual character and use the body as the canvas it's painted on.

He has created 145 canvases since beginning, he said, adding his work is reaching an audience ranging from Australia to Peru.

THE CANADIAN PRESS

Colour at end of the tunnel

"A lot of gay men struggle with eating disorders. I didn't like who I was and took it out on my body."

Matti McLean, founder, Human Canvas Project
He explained he overcame his self-esteem issues and began the Human Canvas Project as a way to document his close friends and the way that he saw them on the inside.

VICTOR FERREIRA/THE CANADIAN PRESS

Music man. Teacher gathers instruments for Zambian schoolchildren

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Todd Snelgrove, a music teacher for almost 20 years, went to Zambia in May 2012 hoping to give away a guitar donated by the Ottawa Folklore Centre.

On the trip, Snelgrove learned of a school that didn't have any musical instruments.

The headmaster enthusiastically invited Snelgrove to come and present the guitar and play some jazz and blues for the students.

"Easily the most spine-tingling performance I have ever put on," Snelgrove says. It was a Bob Marley song that stole the show, though.

"I sang 'Don't worry about a thing,'" Snelgrove

says. "And then 300 kids sang back 'Every little thing is going to be all right.'"

Back at home, Snelgrove put out the call for a full set of orchestra instruments for the school and so far has received 100 instruments that will be used to equip not just one but three schools. In the spring, he will travel back to Zambia with the instruments.

To donate instruments, and for information about a benefit concert on March 9, go to instrumentsforafrica.com.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Its youth empowerment event, We Day, was in eight cities across Canada this year, inspiring more than 100,000 attendees.

Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

For the latest

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WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca



Martin Short pretends to be a bagpipe as he hosts the Canadian Screen Awards in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Canadian Screen Awards bewitched by Rebelle

Golden Globes North. Combo Genies and Gemini's event also awards Flashpoint, Laurence Anyways

Rebelle ruled while Flashpoint continued to burn bright at the inaugural Canadian Screen Awards on Sunday, as the best in homegrown film and television gathered for a first-ever joint bash hosted by an off-the-wall Martin Short — who

brought along his popular alter ego Ed Grimley.

The Oscar-nominated child-soldier drama Rebelle (or War Witch) dominated the film categories with a whopping 10 trophies, including wins for best film, best director, best screenplay and best actress for its teenage star, Rachel Mwanza. It had been up for 12 awards.

"I'm very touched," said Montreal director Kim Nguyen as he collected the best director prize.

"I'd like to dedicate this to the women in the Congo, their

strength, their courage and their resilience."

Meanwhile, perennial TV favourite Flashpoint took the top prizes in the TV race, including best drama and best dramatic actor for star Enrico Colantoni.

The inaugural awards gala celebrated the best in Canadian film and television together for the first time, and Short kicked things off with a musical opening that saw him hoisted by wires to soar over the star-studded audience.

"They had me so high up there I could see both of Mike Duffy's houses," quipped Short,

keeping things topical for his Canuck audience.

He later lobbed affectionate barbs at Canadian celebrities Don Cherry, Rick Mercer and The Bachelor Canada winner Brad Smith, and took aim at recent Oscar winner Argo, which earned criticism for downplaying Canada's role in rescuing six U.S. citizens caught up in the 1979 Iran hostage crisis.

"It's always nice to be home," Short said to a star-studded audience.

"I flew in on Air Canada. Or as Ben Affleck calls it, American Airlines." **THE CANADIAN PRESS**

Other big winners

Best TV drama: Flashpoint

Best TV comedy actor: Gerry Dee, Mr. D

Best TV comedy actress: Wendel Meldrum, Less Than Kind

Best TV drama actress: Meg Tilly, Bomb Girls

Best documentary: Stories We Tell, Sarah Polley

Celebration. Madonna to present Anderson Cooper with GLAAD award

Gay advocacy group GLAAD says Madonna will present CNN's Anderson Cooper with an award for openly gay media professionals.

GLAAD said the singer has been chosen to give Cooper the Vito Russo Award at the 24th annual GLAAD Media Awards in New York City on March 16.

THE ASSOCIATED PRESS



Anderson Cooper GETTY IMAGES

Box office

Jack 'slays' the competition

It wasn't exactly a mighty victory, but Jack the Giant Slayer won the weekend at the box office. The Warner Bros. 3D action extravaganza, based on the Jack and the Beanstalk legend, made just \$28 million to debut at No. 1, according to Sunday studio estimates. It had a reported budget of about \$200 million.

THE ASSOCIATED PRESS

Downton Abbey. Fourth season has some cast comings and goings

Shirley MaLaine will be returning to Downton Abbey next season, and opera star Kiri Te Kanawa is joining the cast.

MaLaine will reprise her role as Martha Levinson, Lord Robert Crawley's free-wheeling American mother-in-law, Carnival Films and Masterpiece on PBS said Saturday. MaLaine appeared in episodes early

last season. New Zealand-born soprano Te Kanawa will play a house guest. Another new character is Tom Cullen as Lord Gillingham, described as an old family friend of the Crawleys who visits the family as a guest for a house party (and who might be the one to mend Lady Mary Crawley's broken heart).

THE ASSOCIATED PRESS

2 SCENE



Rihanna says her and Chris Brown have matured big time in the last four years.

This love is fresh: RiRi

Rihanna claims that things are working better now with on-again off-again boyfriend Chris Brown because they've grown up a lot in the four years since his arrest for assaulting her. The singer insists to Elle UK that they

have "a great friendship that's unbreakable. Now that we're adults, we can do this right. We got a fresh start and I'm thankful for that," she says. Rihanna even predicts that she will "probably have a kid" within the next five years.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Notice to appear? You can find her in the club

Lindsay Lohan appears to be living it up as much as she can in advance of her March 18 trial — and even skipped out on the latest court appearance related to her case to stay in New York and go clubbing instead, according to Us Weekly. Maybe she knows it doesn't look too good for her this time around when it comes to avoiding jail time, especially considering the drubbing her new lawyer, Mark Heller, has been getting from Judge James Dabney. After dismissing Heller's motions to have the case put on a "slow track," Dabney cautioned that Heller would need someone by his side versed in California law or "Miss Lohan is going to have to



Clubbing apparently trumps court for Lindsay Lohan.

come in here and waive her right to have competent attorneys versed in California law and procedure."



Bieber says his 19th birthday was a bummer. ALL PHOTOS GETTY IMAGES

Birthday was the worst day, but they sipped \$12K in booze when they were thirsty

Justin Bieber's celebrations for his 19th birthday didn't go so swell Friday, leading the star to tweet a simple, "worst birthday." And while his fans leapt to the conclusion that the paparazzi were responsible, it reportedly had more to do with the security at London's Cirque du Soir nightclub, who wouldn't let some of his entourage in because they couldn't prove they

were over 18, according to E! News. Bieber still managed to have some fun — dropping a reported \$12,000 on bottle service for his pals — but the incident with security put an early stop to the festivities. "I think Justin and his friends had a good time," a source says. "(But) he was, of course, not amused that some of his close friends were refused entrance."

The Word

Is Kanye a playdate hater?



STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg says he was offered a role in the last Star Trek movie but turned down J.J. Abrams because he "couldn't understand the words or dialogue or anything." Coincidentally the very same reason he stopped modelling underwear for Calvin Klein.

Kanye West rants about Jay-Z and Justin Timberlake's Grammy performance and their new song, Suit and Tie. Jay-Z now regrets not lending Kanye his new toy train before going on the play date with Justin.

Suri Cruise may have a body double. The Brangelina kids are all sulking in their rooms.

"Friend Zone" is added to the Oxford Dictionary. "That's so dumb," says some really nice guy. "But I don't have time to deal with it now. I'm late picking up Tiffany's dry cleaning."

Michelle Obama's Oscar



dress gets photoshopped sleeves and a much higher neckline for Iranian TV. "Could you send over some information on how you did that," asks Lindsay Lohan's manager.

Justin Bieber now has more Twitter followers than there are people in Canada. There's only one force on Earth strong enough to fight back! It's time to remobilize the Kiss Army.

Octomom says she has a medical marijuana prescription. She suffers from

the incurable condition known as "14 kids."

This week in fancy relationships. 1) Janet Jackson has married Qatari billionaire Wissam Al Mana. 2) Jessica Chastain says her Italian boyfriend is a count. 3) Clint Eastwood's 19-year-old daughter goes out with Steven "I spent \$6 million on cocaine" Tyler.

Jennifer Aniston says she liked her Oscar dress because it was easy to pee in. So that's why everyone on the red carpet gave her a wide berth.

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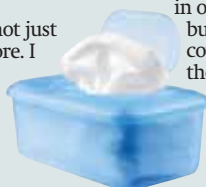
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Baby wipes

Not just for bums

Baby wipes are excellent for baby bums, of course. We all know that.

But they are not just for babies anymore. I have found baby wipes to be the perfect eye makeup remover. I ditched my



expensive liquid eye makeup remover years ago in favour of the gentle-on-my-skin baby product.

The multi-purpose wipes have a permanent spot in our bathroom for bums, eyes, spills and countertops. I even use them to remove pesky deodorant stains from my clothing.

JENNIFER WALKER OF YUMMYMUMMYCLUB.CA

A cheap solution

Fix for the reluctant biker

My little girl just couldn't get the hang of a two-wheeler bicycle — no matter what.

Instead of paying for an expensive glider, we took the pedals and the chain off of her regular bike.

She then learned how to push and glide to get her balance. It worked perfectly to give her the confidence she needed.

Every child should learn this way!

Once she got her balance and pedals back on, she was off, literally, the first time with no help.

MEGAN ANDREWS OF YUMMYMUMMYCLUB.CA

Exclusively online

After months of anticipation, you're taking your very first wobbly steps. If only John Stamos were here to score the moment with an original ballad. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Keep your toddler smiling

Indoor activities.

Is your child stuck indoors all day? Here are fun ways to keep the little one entertained

CAROLINE FERNANDEZ

YummyMummyClub.ca

Snow days, rainy days, days I just have to do laundry — we've had a lot of inside time lately. I have been getting creative with my two-year-old and finding lots of fun inside ideas. Here are my top nine.

Wooden spoon + pots = musical madness!

Doing the dishes and toddler driving you crazy? Give him a pot and a wooden spoon. Bang, clash, boom. So simple, yet so entertaining. Mix it up with plastic bowls, stainless steel pots, wooden and metal spoons (the bigger the better). He's learning about beats and music while getting his banging on.

Cardboard box + crayons = artful activity!

I get tons of cardboard box deliveries. A few crayons (washable, of course!) plus his creativity and it makes for the perfect

art experience. Lines, squiggles, circles. He's learning about art without even knowing it.

Empty milk jug + soft ball = toddler bowling!

We go through four litres of milk a day (yes, really!), so before I take those milk jugs back for deposit, we re-purpose them into a bit of play. Line them up against a wall, stand back and gently roll (this takes practice) the ball to knock over the jugs. It's a fun physical activity — there is crouching, bending, picking up and running back to knock them down again.

Cars + hands = CRASH!

There is something about crashing things that entertains my toddler to no end. Cars, pillows, teddy bears, two of anything can crash really. It is repetitive and verbal (he sings "crash, crash") and apparently tons of fun.

Fingers + songs = finger songs

Folding laundry and toddler wants your attention? Start singing Head and Shoulders or Wheels on the Bus or The Hokey Pokey. You can do the movements as you fold (whizzing socks around while singing Wheels on the Bus is just organic) and he'll follow along. That's multi-tasking.

Kitchen sink + water = home-

made water table.

This was my Tuesday. I pulled a chair up to the sink. I filled it with water and dish soap and put in wooden spoons, plastic measuring cups and some clean plastic yogurt containers. My son instinctively climbed up and went to town splashing and pouring. Yes, the floor got wet. Yes, he got wet too. But the clean up was easy, with a simple swipe of the towel and a quick change of clothes. It was play time well spent.

Swim + bodies = land swimming.

Sounds weird, right? This was part of a game we played at play group where there were "octopus" who had to catch "fish" swimming by. Dear son loved it so much we often land swim around the house. Chanting, "swim, swim swim," we walk around the living room and move our hands like we're swimming. Hurry, a shark!

Hide + seek = where did it go?

Showing an object and then hiding it under my shirt (or his) is a daily event. "Where'd it go?!" we ask each other. I call it training for finding running shoes in his school years.

Books + lap = reading time

Before every nap and bedtime, we read stories. I change up



Give her pots and pans to bang on while you wash dishes. ISTOCK

the ones on the toddler reading table (more for my entertainment than his). Currently we are reading Blue Hat, Green Hat by Sandra Boynton and Toupie

a peur by Dominique Jolin.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



Shopping with kids can be an adventure. ISTOCK

No judgement near the frozen waffles

It's 3:30 p.m. Kids, hungry after school, lean against the shopping carts their mothers push down crowded aisles. I watch a middle-aged guy jump the check-out line.

He sees me see him and does a defensive "who me?" shrug. Hurried myself, I bite my tongue, check my list and press on. There is a tall brunette bearing down on me. I do a half pirouette to let her by and hear a little voice, upturned, just finishing a question on the

woman's far side. As they pass me I hear her brisk reply: "We are not here for fun. We are here for things to eat."

I pause carefully on the threshold of judgment. I have always tried to avoid shopping-as-chore. We used to make food shopping an adventure, now it is a creative exercise in lunch kit supply choices.

The truth is that shopping is a chore, especially at this hour, especially when your legs are little and everyone's patience is

thin. I realize what I am feeling is an empathy wince.

Being a parent is filled with daily obstacle courses, small and large. The afternoon meltdown hours between 3:30 and 6:30 p.m. are a particularly trying sprint. A homework hatchet hangs heavy and urgent over our household tonight, so I keep moving, wedge the freezer door open with my hip, grocery basket biting into my forearm, bottle returns clanking on my other flank. I try to

smile at the kids hauling backpacks past me, and nod as we navigate the space so the parents know there is no pressure from me, even if they are in the middle of a teary negotiation in the frozen waffle section.

Judgment is a withering thing under which family life does not thrive. We must allow room for each other. The guy who jumped the line though? He needs remedial kindergarten. CATHERINE JACKSON OF YUMMYMUMMYCLUB.CA

3 REASONS

How to mess up the very first meeting

Don't, just don't.

On avoiding the opportunity ambush

YLVA
VAN BUUREN
careerbear.com

The job interview is one of the most important parts of the job-search process, and one that you have far more control over than you think, says Stefan Danis, CEO of Mandrake. Here are common interview mistakes and his advice on how to avoid them — and get the job of your dreams.

Come unprepared

The job description is usually filled with information about what type of employee the company is looking for, so spend time positioning how your experience and competencies match up. “The bad (move) is you come in and talk about yourself but in no way relate your narrative to what the company is looking



Fight the desire to fib about your employment history. ISTOCK

for,” says Danis. Questions during the interview will invariably relate to the job de-

scription. Consider rehearsing your answers in front of a mirror so you give the answer in the best possible way. “You must remain authentic in your response as opposed to rehearsed, however,” he says.

Don't ask questions

You can extract a tremendous amount of information as an interviewee, says Danis. Right off the top, ask how the interview will be structured — so you know how much time you have and how you should tailor the length and detail of answers. Then, “in a perfect world you would finish every single answer with a query that would reflect back to the interviewer. For example, how is this competency valued within your organization?” Before you leave, ask

And then I learned to ski...

“Some people think life outside of work is not relevant to work ... but I would say quite the opposite.”

Stefan Danis
CEO of Mandrake

for feedback. “Most interviewers will share with you what they thought right away if you ask them, but most people leave without asking the question.” Ask.

Forget common courtesies

Don't be late. It's disrespectful and reflects on your personality and, possibly, work

ethic. Also, turn off your cell phone. Surprisingly, almost 20 per cent of interviewees don't, says Danis. If you forget to turn off your cell and the phone rings, apologize and quickly turn it off pronto. If you are experiencing some sort of crisis that requires you be connected warn the interviewer ahead of time that you might get an urgent call. But the situation must be critical!

Make the interview all about work

The resumé got you the interview, says Danis, and odds are the fit will get you the job. Employers unearth fit by understanding how you go about your business and who you are. Include references to your personal life on your resumé and during

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the interview. “Some people think life outside of work is not relevant to work ... but I would say quite the opposite, that life outside of work is in fact what gets you the job.” Also, the biggest mistake in terms of high performance interviewing is to not create an interactive experience, says Danis. Don't just answer questions and match what the interviewer is asking. Engage in a real back and forth conversation.

Dress inappropriately

Most companies have a dress code and there's nothing wrong with calling ahead and asking what it is. “It's foolish to not look what I call ‘one level up’... if you look one level down, you're underdressed relative to the interviewer and you've made a big mistake. If you're dressed like they are, great. If you're dressed one level up, nothing bad happens,” Danis says.

Lie through your teeth

Research shows that many people lie about things such as their education, work history and credentials. In fact, education verification is one of the fastest growing segments of hiring, says Danis. “Don't lie about anything. We live in the digital age and you'll be found out — dismissed from a process.”

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TURNING POINT
Teresa Kruze
life@metronews.ca

Name: James Temple
City: Toronto
Age: 29
Occupation: Corporate responsibility director at Pricewaterhouse-Coopers LLP

James Temple worked as a professional musician, sold doughnuts and hauled manure for a greenhouse. Deciding he needed a fresh start, Temple went back to school to study geographic analysis. He is now a corporate responsibility director, encouraging thousands of employees to give back and make a difference in their communities. Temple encourages employees to be a catalyst for change and to always watch the "triple



James Temple was named one of North America's top corporate responsibility practitioners by the Centre for Sustainability and Excellence. PROVIDED

bottom line" of planet, people and profit.

I knew I was on my way when...

I was on stage delivering a TED talk (a non-profit organization devoted to ideas worth spreading) about how to embrace your inner "advocate" and to help fuel a career with purpose. I was finally able

to articulate how everyone's professional contributions could help address society's challenges, and how businesses could integrate social purpose, environmental sustainability, and economic integrity into their operations.

Since then I've been interviewed by Forbes.com and have presented at conferences around the world.

Action Plan

- Never compromise your values and learn alongside others by asking the right questions. Remember that good listeners earn people's respect.

- Be curious and bold because you grow most when you're uncomfortable. Harness the feeling and let it energize you.

- If you think you've got your career planned out then go in the opposite direction. Remember that young rivers meander, while old streams end up going in one direction and dry up altogether.

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A taste of Greece in a burger

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Add some mushrooms, feta cheese and oregano and you have a whole new burger.

Try substituting ground chicken, turkey or veal. Forget the bun — I love to serve these over a bed of couscous.

But if you're serving them

Ingredients

- 1 cup chopped mushrooms
- 1/2 cup chopped onion
- 1/3 cup light feta cheese, crumbled
- 1 lb extra-lean ground beef or lamb
- 1/4 cup finely chopped fresh chives
- 3 tbsp chopped fresh oregano
- 2 tbsp barbecue sauce
- 3 tbsp dry seasoned bread crumbs
- 2 tsp minced fresh garlic
- 1 egg
- 3 tbsp chopped oregano



This recipe serves five. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

on a bun, be sure to include lettuce, tomatoes and onions for an extra serving of veggies.

1. Spray a non-stick skillet with cooking oil; add the mushrooms and onions and cook over medium-high heat for 4 minutes or until softened and browned. Remove from the heat. Stir in the feta.

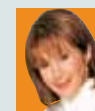
2. Combine the beef, chives, oregano, barbecue sauce, bread crumbs, garlic and egg in a bowl. Stir in the onion mixture. Mix thoroughly. Form into 5 patties.

3. Spray a non-stick grill pan or barbecue grill with cooking oil and heat to medium-high. Grill the patties for 3 to 5 min-

utes per side or until no longer pink in the centre. (Alternatively, place on a baking sheet in the centre of a preheated 450 F oven for 10 to 15 minutes or until cooked through, turning once.) Garnish with oregano and crumbled feta cheese, if desired. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

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Pizza Hut Italian Classic (2 medium slices with stuffed crust)

860 calories/ 36 g fat

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Equivalent

Two medium slices of Pizza Hut Italian Classic pizza with stuffed crust is equal in fat to an entire Piller's kolbassa sausage.



Pizza Hut Triple Crown (2 medium slices with thin crust)

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Just choosing one meat and choosing a thinner crust saves half the fat and calories.

Four-Tomato Salad — big burst of flavours

ROSE REISMAN
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The contrasting colours and textures of the tomatoes in this salad are what make it so sen-

Ingredients

- 1/2 cup sun-dried tomatoes, rehydrated
- 2 cups sliced field tomatoes
- 2 cups halved red or yellow cherry tomatoes
- 2 cups quartered plum tomatoes
- 1 cup sliced sweet onion, such as Vidalia, Walla Walla or Spanish
- 1/2 cup chopped fresh basil
- or 2 tsp dried basil
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 1/2 tsp minced fresh garlic
- 1/2 tsp granulated sugar
- pinch freshly ground black pepper



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

sational.

If you can find grape tomatoes, they are even sweeter than cherry tomatoes and have a great texture.

1. Place the tomatoes, onion and fresh basil in a serving

bowl or on a platter.

2. Whisk the vinegar, oil, garlic, sugar and pepper together. Pour over the salad. Serve immediately. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

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Islanders centre John Tavares scores the game-winning shootout goal on Ottawa backup Robin Lehner on Sunday in Uniondale, N.Y. AL BELLO/GETTY IMAGES

Senators' road woes continue vs. Isles

NHL. 'Under the weather' Tavares helps New York to shootout victory over Ottawa

John Tavares found enough energy to lead the New York Islanders to a rare home win.

Tavares and Frans Nielsen each scored in the shootout, lifting New York to a 3-2 victory over the slumping Ottawa Senators on Sunday.

Evgeni Nabokov made 29 saves as the Islanders earned

On Sunday

3

Islanders

2

Senators

their third win in 12 home games this season. He also stopped Jakob Silfverberg and Daniel Alfredsson in the shootout.

"We battled hard and we were fortunate to win the skills

competition in the shootout," Islanders coach Jack Capuano said.

The Senators (12-7-4) have lost three in a row. They also have dropped eight of nine on the road to fall to 3-6-2 away from home.

Both teams had excellent chances in overtime. The best save was a glove stop by Lehner on Hamonic from the right circle. Nabokov made a terrific save on Colin Greening in the opening shift of the extra five-minute session.

Nielsen scored to open the shootout against backup Robin

Lehner. Tavares' goal came after Nabokov made his two stops.

"It's disappointing but we did play well in the second and third periods," Senators coach Paul MacLean said. "Lehner did a good job for us and our penalty killing was very good."

The Islanders (9-11-2) improved to 3-8-1 at home after losing the first three in a seven-game homestand.

"I wasn't 100 per cent but I gave it my best," said Tavares, who was described as "under the weather" by Capuano before the game. "I'm glad we got the win." **THE ASSOCIATED PRESS**

NHL. Kane cans winner as Hawks' streak continues



Patrick Kane scored with two minutes left in regulation Sunday to extend Chicago's season-opening points streak to 22 games. DUANE BURLISON/THE ASSOCIATED PRESS

Patrick Kane had a couple shots that simply could not be stopped.

Just like the Chicago Blackhawks.

Chicago extended its NHL-record season-opening points streak to 22 games Sunday when Kane scored the tying goal on a power play with 2:02 left in regulation and the Blackhawks earned an extra point when the forward scored the only goal in a shootout of a 2-1 win over the Detroit Red Wings.

"Just amazing what's going

on," Kane said.

Corey Crawford was perfect in the shootout and finished with 32 saves to help Chicago win a ninth straight game.

The Blackhawks have earned at least a point in 28 straight games dating back to last season to tie the second-longest streak in league history. They've matched Montreal's multi-season points run from the 1977-78 season and trail Philadelphia's streak of 35 straight games with at least a point during the 1979-80 season. **THE ASSOCIATED PRESS**

NFL

Female kicker tries out for Jets

Lauren Silberman's NFL try-out lasted all of two kicks, neither of which travelled 20 yards.

Silberman, 28, became the first woman to compete at an NFL regional scouting combine on Sunday, but left the New York Jets' practice field after re-injuring her quadriceps. She tried two kickoffs, the first going 19 yards and the second about 13 yards, and then asked to see a trainer.

The former collegiate soccer player was examined off to the side of the practice field. About 30 minutes later, while 36 other kickers continued their workouts, she called the scene "surreal" and thanked the NFL for "this tremendous opportunity."

THE ASSOCIATED PRESS



Lauren Silberman
THE ASSOCIATED PRESS

OHL

67's dropped by Battalion

Francis Menard and Barclay Goodrow each had a goal and an assist as the Brampton Battalion defeated the visiting Ottawa 67's 4-2 on Sunday.

Nicholas Foglia and Matt MacLeod also scored for the Battalion (29-24-9), while Matej Machovsky stopped 19 shots for the win.

Joseph Blandisi and Sean Monahan scored for the 67's (15-42-5), who are now winless in nine contests.

Jacob Blair turned away 27 of 31 shots in a losing cause. **THE CANADIAN PRESS**

MLB

Villarreal's family unharmed in kidnapping attempt

The Detroit Tigers say reliever Brayan Villarreal is not expected to leave spring training after his family escaped unharmed from a kidnapping attempt in Venezuela on Friday night.

Villarreal has remained with the team. Manager Jim Leyland did not want to comment further, saying Sunday: "The less said, the better." **THE ASSOCIATED PRESS**



Horoscopes

Aries

March 21 - April 20

If someone provokes you today your instinct will be to hit back fast and hard, but it would be better if you control yourself. The planets indicate that revenge is unnecessary. Rivals and enemies will self-destruct soon enough.

Taurus

April 21 - May 21

You know that appearances can be deceptive, so don't jump to conclusions today. With Venus, your ruler, at right angles to Jupiter you may get completely the wrong end of the stick, with less than enjoyable results.

Gemini

May 22 - June 21

There are times when you must look out for Number One and this is one of them. If you allow yourself to be taken in by a sob story today you will surely regret it later.

Cancer

June 22 - July 23

You may have bitten off more than you can chew but it's no big deal. As the Sun edges closer to the midheaven angle of your chart you need to be a bit more adventurous.

Leo

July 24 - Aug. 23

Decide what is of most importance to you personally and focus all your energy on that one thing. Others may say you are being selfish, and maybe you are, but since when has that been a crime?

Virgo

Aug. 24 - Sept. 23

Are you happy with the way your life is going? If not you must do something about it. A big wave of change is coming and if you are ready, you can ride it to success.

Libra

Sept. 24 - Oct. 23

You may get quite upset today, especially if you see some sort of injustice taking place. But don't get too emotional because your job is to find a practical solution.

Scorpio

Oct. 24 - Nov. 22

The planets warn you should be on your guard, especially when dealing with business and financial matters. If someone sees that you want something badly enough they will push up the price.

Sagittarius

Nov. 23 - Dec. 21

Don't change things when you don't have to. With Jupiter, your ruler, so active at the moment all you have to do is be yourself and keep doing what you already do so well. You're on the cusp of success already.

Capricorn

Dec. 22 - Jan. 20

There are things going on behind the scenes that are going to affect you in a big way over the next few weeks. For that reason alone you must not commit yourself.

Aquarius

Jan. 21 - Feb. 19

However anxious you may be about a certain situation there is no need to change what you are doing. Time is on your side and Lady Luck will sooner or later act in your favor.

Pisces

Feb. 20 - March 20

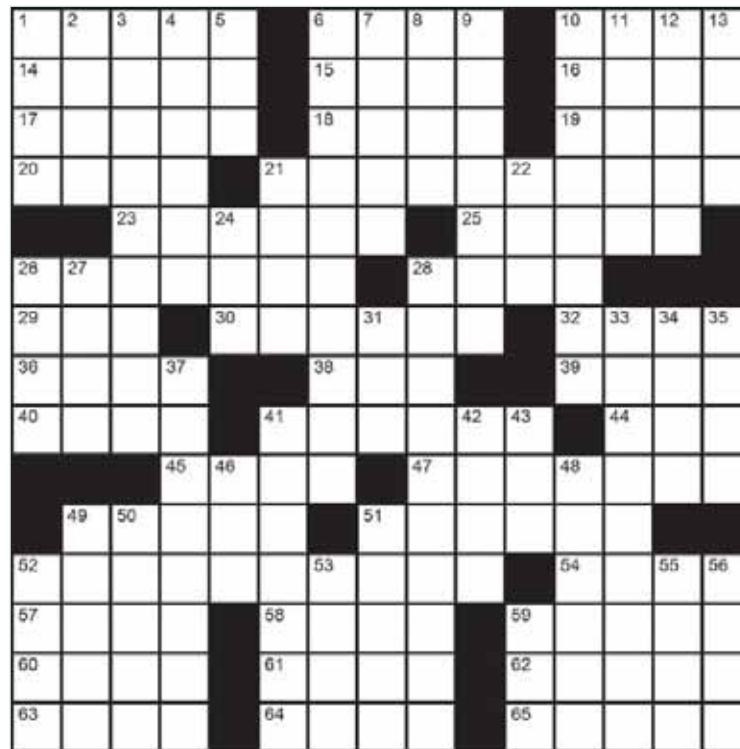
Be careful when dealing with employers, authority figures and other important people over the next few days. You may want to impress them but what you don't want to do is come across as desperate.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- TD Canada ____
- 007, et al.
- "Bud the ____" (Song by #9-Down)
- Weight unit
- "Cast Away" (2000) transport
- Ice cream ____
- Use the towel again
- Farewell, in Rome
- "__ boy!" (Well done)
- "Chick" suffix
- Pre-Harper Prime Minister: 2 wds.
- Quebec's Lachine ____
- Life sign
- Take the train or bus
- Abundant
- Kimono sash
- Located in Nunavut, it's Canada's largest island
- Colourful plastic parts on binder separators
- Negative replies in Montreal
- Elles opposites
- Missing-a-member quartet
- Ooze
- __ Social Scene
- Make long grass short
- Cosmetic cream content
- Red Rose products: 2 wds.
- Jeans fabric
- Like many chips
- Marvel products: 2 wds.



63. Barack Obama's li'l title

64. Items on a landscaper's truck

65. Slammers in England

Down

1. When tripled, war movie of 1970!

2. Repented

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



BY KELLY ANN BUCHANAN

- 'Tom Connors
- Gone with the Wind protagonist
- Paul who famously sang "Nessun Dorma"
- Free from knots
- Hollywood icon James
- Pocket bread
- Montreal musician, Melissa __ der Maur
- "Coronation Street" hangout
- Jailbirds
- Double-reed woodwind
- Adrenaline junkies: 2 wds.
- Rapper, __ Rida
- Plated burrowing mammal
- Book genre, for short
- Plants seeds
- Cocker and Springer
- Winnipeg Blue __
- Tube-shaped fishies
- Singer/pianist, __ King Cole
- Driver's need, for short
- Kind of whale
- Steroids-using athlete
- Actor Mr. Hirsch
- "What a pity.": 2 wds.
- Free pass, commonly
- Margarine
- Sci. class
- Carpentry tools
- Series Toronto-born actor David James Elliott starred on

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Tuesday

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